

Vestibular Exercises

The vestibular system provides us with information about where our body is in space, whether we are still or moving and the direction and speed we are travelling.

The following activities will both calm and alert.

NB Keep movement linear and at a regular steady pace to avoid over alerting.

<https://www.youtube.com/watch?v=d3LPrh10v-w>



bouncy action songs



www.stickids.com

classroom exercises



www.stickids.com

movement break



www.stickids.com

hoppy ball



www.stickids.com

scooter time



www.stickids.com

belly on the ball



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slow rocking



www.stickids.com

little one's hammock swing



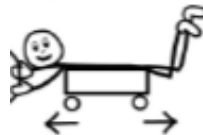
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mini tramp or tramp



www.stickids.com

scooter board stuff



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tortilla rollout



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